

IDAHO CONTENT STANDARDS
GRADE 5-6
PHYSICAL EDUCATION

Standard 1: Skilled Movement

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.	5-6.PE.1.1.1 Demonstrate mature form in all locomotor patterns, non-locomotor and basic manipulative patterns.	5-6.PE.1.1.2 Demonstrate a variety of skills in complex situations of selected movement forms.	5-6.PE.1.1.3 Demonstrate beginning strategies for invasion, wall/net, fielding/striking and target games.			

Standard 2: Movement Knowledge

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 2.1: Demonstrate understanding movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	5-6.PE.2.1.1 Apply concepts, conditioning and practice principles to improve performance in specific settings and situations.	5-6.PE.2.1.2 Transfer information between skills.	5-6.PE.2.1.3 Identify and utilizes offensive and defensive strategies in different settings and situations.			

Standard 3: Physically Active Lifestyle

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	5-6.PE.3.1.1 Participate daily in physical activities in and out of class to gain more control over the decisions affecting their everyday living. (Recommended by NASPE: At least 60 minutes and up to 2 hours per day with several bouts of physical activity lasting 15 minutes.)	5-6.PE.3.1.2 Recognize physical activity as a positive opportunity for social and group interaction.	5-6.PE.3.1.3 Seek personally challenging experiences in physical activity.	5-6.PE.3.1.4 Monitor and assess time spent in physical activities.		

Standard 4: Personal Fitness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 4.1: Achieve and maintain a health enhancing level of fitness.	5-6.PE.4.1.1 Participate in and monitor moderate to vigorous physical activity in a variety of settings.	5-6.PE.4.1.2 Modify strategies to achieve personal fitness goals.	5-6.PE.4.1.3 Work independently with minimal supervision to achieve personal fitness goals.			

Standard 5: Personal and Social Responsibility

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.	5-6.PE.5.1.1 Take personal responsibility for adhering to rules, procedures, safe practices, and appropriate use of time.	5-6.PE.5.1.2 Work cooperatively in competitive and non-competitive activities.	5-6.PE.5.1.3 Respect and recognize the uniqueness and differences of oneself and others.			

IDAHO CONTENT STANDARDS
GRADE 7-8
PHYSICAL EDUCATION

Standard 1: Skilled Movement

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 1.1: Demonstrate competency in motor skills and movement patterns needed in a variety of physical activities.	7-8.PE.1.1.1 Demonstrate increasing competence and strategies in more specialized skills and in invasion, wall/net, fielding/striking, and target games through the use of modified games.	7-8.PE.1.1.2 Adapt and combine skills to meet the demands of increasingly complex situations.	7-8.PE.1.1.3 Use basic offensive and defensive strategies in a modified version of a team sport and individual sport	7-8.PE.1.1.4 Display competence in a variety of rhythms and dance forms.	7-8.PE.1.1.5 Display competence in basic skills to participate in outdoor pursuits.	

Standard 2: Movement Knowledge

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 2.1: Demonstrate understanding movement concepts, principles, strategies and tactics as they apply to the learning and performance of physical activities.	7-8.PE.2.1.1 Describe training and conditioning principles for specific physical activities.	7-8.PE.2.1.2 Identify the critical elements of movement concepts as they relate to performance.	7-8.PE.2.1.3 Explain and demonstrate game strategies for invasion, wall/net, fielding/striking, and target games.	7-8.PE.2.1.4 Observe and identify characteristics of highly skilled performance that enable success in an activity.		

Standard 3: Physically Active Lifestyle

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 3.1: Participate daily in physical activity for health, enjoyment, challenge, self-expression and/or social interaction.	7-8.PE.3.1.1 Participate in daily physical activities to enhance self-confidence by accomplishing personal goals.	7-8.PE.3.1.2 Explore a variety of new and challenging physical activities for personal interest, self-expression and social interaction in and out of the physical education class	7-8.PE.3.1.3 Establish personal physical activity goals that meet individual needs and enhance personal enjoyment.			

Standard 4: Personal Fitness

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 4.1: Achieve and maintain a health enhancing level of fitness.	7-8.PE.4.1.1 Demonstrate health-related fitness by improving, meeting and/or sustaining gender and age-related fitness standards as defined by approved tests.	7-8.PE.4.1.2 Participate in a variety of health-related fitness activities in and out of physical education.	7-8.PE.4.1.3 Assess physiological indicators of exercise during and after physical activity.	7-8.PE.4.1.4 Apply basic principles of training to improve physical fitness goals.		

Standard 5: Personal and Social Responsibility

Goals:	Objective 1	Objective 2	Objective 3	Objective 4	Objective 5	Objective 6
Goal 5.1: Exhibit responsible and social behavior that respects self and others in physical activity settings.	7-8.PE.5.1.1 Apply safety procedures when participating in all physical activities.	7-8.PE.5.1.2 Solve problems by analyzing potential consequences when confronted with a behavioral choice.	7-8.PE.5.1.3 Work cooperatively with a group to achieve group goals in competitive as well as cooperative settings.	7-8.PE.5.1.4 Willingly join others of diverse characteristics and backgrounds during physical activity.	7-8.PE.5.1.5 Recognize the role of sport, games and dance in modern culture.	